

Dr. Tavari Brown

Delta Mental Health Coach

Hey, there. I'm Dr. Tavari Brown. I am one of your Atlanta-based onsite coaches. And when I say onsite, that is both in the offices but also we offer this tele-health feature. One of the strange gifts of COVID-19 was being able to see people at a distance which has allowed us to service individuals not just based on locations and divisions.

And so if you haven't had the opportunity, go on to Acuity, schedule yourself an appointment. I grew up here in Atlanta, went to UC Berkeley for undergrad, NYU for my first master's degree in public health, and then came back to Atlanta with the goal of working for the Centers for Disease Control and Prevention. I spent several years as a public health advisor for CDC working in the malaria branch which means I had the wonderful opportunity of flying with Delta and its affiliates.

Then I decided to go back to counseling and began running a comprehensive cancer wellness program at Piedmont, Fayette, Newnan, and Henry hospitals where we did cooking demonstrations, I had the opportunity to lean into my health education experience, but also meeting with families and individuals who are affected by cancer. Health issues remain a particular passion for me but through my practice, most of my time, I spend helping individuals work through various topics whether it's challenges in their relationships, parenting, depression, anxiety, stress, and obviously those are issues that were huge in this past year.

So I hope to meet you in person very soon. Please don't hesitate to reach out to us in terms of accommodating your schedule because honestly, we're here to serve and we can be as flexible as possible to meet your needs. And my goal is really is to help to empower you to live your best life possible, so let's talk about it.

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